



LRC REALITY CHECK

Bill Jennings is the January 2011 Employee of the Month.....



Congratulations to Bill Jennings, Activity Specialist, for being selected as the January 2011 Employee of the Month. Since Bill was hired on June 5, 1985, he has proven himself to be a valuable employee. SOS residents who nominated Bill state that he “goes the extra mile.” Bill tries to help the residents have somewhat of a normal lifestyle with popcorn on Sundays, monthly movies, model-building, and other recreational activities that he arranges for them. He is also described as being willing to just “sit around and talk” with the residents. The female residents state that this “keeps us going, whether it is a talk or just a smile and a laugh.”

The residents state that Bill keeps them smiling, and when they have disagreements among each other, he helps them work these out by talking through the issues with them.

One of the SOS Program Management staff members state that Bill is a great choice for the Employee of the Month award. Bill works very hard with the individuals in Building #14 and has great rapport with them. Bill demonstrates great Person-Centered Care!

In appreciation of his hard work, Bill is receiving a gift card to The Press Box. Congratulations again, Bill, and thanks for all of your hard work!

Diana Walker is the February 2011 Employee of the Month



Congratulations to Diana Walker, CTRS, for being selected as the February 2011 Employee of the Month. Diana has been employed at LRC since November 7, 2007. Diana’s co-workers state that she has added several programming groups to Building #14. She willingly helps her co-workers by making copies of group information they need. She is consistent with the patients she serves and offers a therapeutic environment in the groups she provides. She is on time for her groups and is willing to talk to anyone who stops by her office either to say “hi” or for any particular reason.

Diana has been willing to change programs and work with patients that she had never worked with before. She has offered positive input for their programming. She offers input during team meetings and shares a balance of positive feedback along with discussing needed areas of improvement. Diana offers flexibility in her schedule and in her work day. She recently changed her work hours so she could assist in covering groups when another CTRS was on leave. Diana displays a positive attitude towards her work and towards the people she serves. She is able to maintain and role-model professional boundaries, and is consistently looking for new ideas to bring to the program. Diana never balks at new ideas and she creates opportunities for improvement on a daily basis. She has done a very nice job in shifting from working with the psychiatric population to the sex offender population in Building #14. Diana is described as being creative, dedicated, and conscientious. Her co-workers state that it is great having her on their team!

Off to a Good Start

Last month, I listed some of the major activities that happened at LRC in 2010. This past calendar year, we:

- Finished the renovations to the security center in Building 5 which allows for all of the security cameras across campus to be monitored in one place
- Began the ADA renovations to Building 5 to include the installation of an elevator to the second floor, renovations to the patient living units and renovation of the front entrance to make the building ADA handicap accessible
- Filled the 18 Team Leader positions
- Prepared for our next Joint Commission survey
- Improved upon how we provide active treatment in all of the programs, and
- Continued to improve safety

This was an abbreviated list of the many things that have occurred. There are many, many more things that happened during the past twelve months that are equally important. Several of these initiatives will carry over into 2011. But we can cross one thing off of the list; Joint Commission.

As all of you know, the Joint Commission surveyors arrived on campus on January 10th. They spent 4 ½ days at LRC West Campus and Whitehall. They went into every building and spent many hours in the programs observing our patient care delivery. When it was all said and done, they had about two dozen citations which we need to address. Some are quite simple like a separate CLIA certification for Whitehall. Others are pretty complicated like new life safety standards for fire dampers and the fact that our medical record is half electronic and half paper and this causes problems with documenting patient care. All of the citations will help to improve safety and patient care at LRC.

One of the citations had to do with not providing enough active treatment in our patient schedules on weekends and evenings. The surveyors recognized the work that we are doing in this area and will be looking for a plan to address this issue. As you know, Debbie Roberts and a group of program leaders are already working on this.

I want to recognize all of you for your efforts prior to and during the survey. The surveyors commented time and again on the quality of the people we have working here. They were impressed with not only how friendly the folks in Nebraska are, but how knowledge-

able and dedicated you all are. They also told me several times that they could see we were following our mission and vision by the culture they witnessed. If you personally interacted with the surveyors, I want to thank you for the professionalism you exhibited. I especially want to recognize Stacey Werth, Debbie Roberts and Cheryl McMurry. Each of them spent the entire 4 ½ days with one of the three surveyors. I know that they called upon many of you to help them answer the surveyor’s questions. At the end of each day, they reported to me the fine job everyone had done. Not once did they state any concerns about anyone’s interactions with the surveyors. I think that speaks volumes and I want you to remember this survey for the fine demonstration of team work that everyone contributed to.

You have heard me say before that the thing about being the CEO that is especially important is that I don’t single-handedly make any of the changes happen. Just like a football coach, I never put my hands on the ball. I hope to call the right plays on each set of downs, but it is all of you who have to run the plays. The activity during the survey demonstrated just what I mean by this analogy. Once we got past the initial introductions and planning for the week, the surveyors took off with Stacey, Debbie and Cheryl. Each morning there was a recap of the findings from the previous day and then off they went. All I could do at that point was watch and hope that our preparation was good enough. Not only was it good enough, it excelled.

Now we need to address the citations. Some issues need to be resolved in the next 45 days. They don’t necessarily need to be completely fixed, but there needs to be a plan in place to address the identified issues. We can expect an onsite review of these issues in the next 45 days. The rest of the citations need to be address in a Plan of Correction to be submitted in 60 days. So we still have work to do on Joint Commission but at least we have the survey behind us.

In closing, I again want to thank you for all of your hard work and contributions during the survey. Linda and I apologize for the delay in getting out the newsletter recently, but with the survey and other things, January and February just flew by!



Dietary Department is the Team of the Year.....



Congratulations to the Dietary Department for being selected as the Team of the Year for 2010. As a team, the Dietary Department works very hard, using very old equipment, to ensure that our patients receive the best meals possible. The Dietary Department has worked short-staffed this year, yet they have been able to cover their shifts without paying out much overtime. The Dietary staff often work short-staffed to keep the overtime at none or very little. Some employees run to different buildings to ensure coverage, and they do so without any complaining. Some employees will trade and work different shifts or different days to ensure there is coverage without overtime. The Dietary employees are always very dependable. Both shifts work well

together daily to ensure that all expectations are accomplished, all tasks are done, and to ensure that our patients receive their proper diet. The Dietary staff also clean and sanitize all areas before leaving for the day. The Dietary staff work very well together to do the best job they can, which means our patients receive the best meals possible and have a good experience during meal times.

The Dietary staff's dedication towards their job and their fellow co-workers is demonstrated daily through good communication, their ability to work together as a team, and in the way they care about everyone who lives or works at LRC. Dietary can become a forgotten area in an organization, but it takes all employees at LRC (no matter what the job title is) to do what we need to do and take care of the patients. The Dietary Supervisors state that the Dietary Department has really great employees and it is an honor to work with them. Dietary's lack of overtime results from the dedication of the Dietary employees.

In addition to all of this, Dietary holds annual spring and fall bake and craft sales for LRC employees. A portion of the funds they earn from this is donated to the Patient Welfare fund to help purchase holiday gifts for the patients! The Dietary Department truly provides Patient Centered Care!

Building 5 Social Workers are the Team of the Quarter for 4th Quarter 2010



Congratulations to the Building #5 social workers (Jodi de la Concha, Kalan Root, Christy Rupe and Stan Wiegert) for being selected as the Team of the Quarter for the 4th quarter of 2010. As a team, these four employees are being recognized for their tireless work of helping patients throughout their hospitalization, working on discharges, and by working with patients' family members as well as outside agencies. Each of the Building #5 Social Workers has a caseload of 15 or more patients. They are constantly observed to be meeting with patients, or on the phone with family members, guardians, or support members. They are always in contact with outside agencies, working towards finding suitable placements for your patients.

Jodi, Kalan, Christy and Stan all work together to share knowledge, duties, and assignments. They facilitate groups and cover for each other as needed. They cover treatment planning meetings for each other in order to remain knowledgeable about all of the patients, rather than just those on their own caseloads. They talk to collateral resources to advocate for their own patients as well as those of their co-workers. They maintain open lines of communication and seem to have a real camaraderie. They are often seen laughing and smiling together, and working as a cohesive team. Jodi, Kalan, Christy and Stan each brings knowledge of resources from previous jobs they have had and from their life experiences. They share their past experiences with each other and this aids in providing services to the patients they serve. All of them have now worked in other programs at LRC and they share these experiences with each other. Because of the vast wealth of knowledge they have as a team, they are very successful in finding appropriate placements for their patients. In addition, their building co-workers state that this team is very pleasant to work with. They almost always have a smile on their faces, even when dealing with the most difficult patients. They remain focused on the goal of successful placement of their patients. They all have a good sense of humor, pleasant personalities, which helps create a more enjoyable work environment in Building #5. They also maintain good communication with many outside agencies, and help their patients receive necessary benefits. Because of their diligence as a team, the patients they serve have a better chance of being successful in the community.

Kerry Held is the Employee of the Quarter for 4th Quarter 2010.....



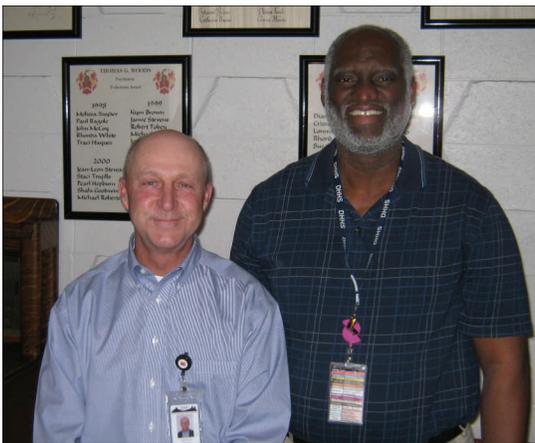
Congratulations to Kerry Held, CMSW, for being selected as the Employee of the Quarter for the 4th quarter of 2010. Since Kerry was hired on July 7, 1997, she has proven herself to be a valuable employee. A patient who nominated her stated that she knew that Kerry believed in her based on the actions she took on her behalf by suggesting to the treatment team that this patient was suitable for independent living. Kerry also realized this person was eligible for a rental assistance program. This patient stated that this will help her pay for rent, gas, and electrical utilities, which will help her get back on her feet after being homeless.

Kerry was described by this patient as having a cheerful, positive demeanor, and as someone who is hard-working, competent, and diplomatically skilled. Kerry listens very carefully to patients assigned to her, and then fearlessly jumps in and helps advocate for them regardless of whether the concern is medical, legal, financial, or an issue related to the living environment. Kerry takes on several challenges and works side by side with the patients to resolve the issues.

Kerry's supervisor states that the Employee of the Quarter award is a well-deserved honor for her. What a nice testament to your work to be nominated by someone you have served! In appreciation of her hard work, Kerry is receiving a gift card to Barnes and Noble.

Congratulations!

Phil Jefferson is the 2010 Employee of the Year.....



Congratulations to Phil Jefferson, Training Specialist, for being selected as the 2011 LRC Employee of the Year. The recipient of this award is selected from the four Employees of the Quarter. Since Phil's employment date of November 13, 1984 with the State of Nebraska, he has proven himself to be a valuable employee. Phil's co-workers who nominated him state that he is very conscientious about how he teaches new employees. He is thorough with the material he presents to new employees so that when they are on the wards, they are well equipped to do their job and help patients make improvements. When Phil is on the units, he is careful to take a personal interest in patients with whom he interacts.

Phil's co-workers state that Phil has never met a stranger. Employees who have had contact with Phil are encouraged by the caring, positive demeanor he has towards them. Phil has a way of exuding care and concern for anyone who makes contact with him. He naturally takes a personal interest in the well-being of his co-workers. Phil makes time to genuinely listen and talk to his co-workers.

Phil creates a positive work environment by simply being positive. His smile and signature laugh are helpful in brightening the day.



A Happy New Year to everyone.

I'm looking forward to the coming year because I think good things are in store for the people affected by behavioral health disorders and for the Division of Behavioral Health.

We are about to release the results of surveys of consumers conducted last year. Good news! Consumers appear to be quite satisfied with the services they receive from community mental health and/or substance abuse programs. Among adult consumers, 85 percent indicated they are satisfied. Among the families of youth who received services, 78 percent indicated they are satisfied with the services their child received. The full survey, conducted by UNMC, will be available on the DHHS website soon.

The Division of Behavioral Health's Strategic Plan for 2011-2015 also will soon be available on our website. Strategies in the plan focus on access, quality, effectiveness, cost efficiency, and accountability in relationships. The plan sets out the basis for our approach to behavioral health—that of person-centered and self-directed care in recovery-oriented systems. These

systems build on the strengths and resilience of individuals, families and communities as they take responsibility for their sustained health, wellness and recovery.

The Office of Consumer Affairs will be important in our efforts to inform consumers, their families and providers of the resources and responsibilities in a system that is consumer-driven. Consumers will learn that they have a role in their own sustained recovery. Knowing what they can do to help themselves will empower them to lead happier and productive lives—hopefully ones that are uninterrupted by crises.

The Lincoln and Hastings Regional Centers are experiencing Joint Commission site visits.

We were successful on our last site visits and I know that we will be so again. The regional centers have worked hard to maintain quality of services. I thank employees for their efforts to assure a high quality experience for all of the people who come to us for help.

Introducing Mark Craft, New LRC Facility Maintenance Manager



Please join us in welcoming Mark Craft to LRC. Mark is the new Facility Maintenance Manager for LRC. He comes to us directly from NRC where he held the position of Maintenance Supervisor. Mark is busy learning his way around LRC this month.

Mark states that he was born and raised on a farm near Foster, Nebraska. He graduated from Plainview High School and NETCC. His wife's name is Susan and she manages Big Red Keno in Norfolk. Mark has two sons. His son, Tony, lives with his wife in Plainview, Texas, and he and his wife are both chefs. Mark's youngest son, Clayton, is a junior at Pierce High.

Mark retired from Nucor Steel after working there for 22-plus years. He then worked for Craft Specialties Equipment Repair for 11 years. After this, he joined the State of Nebraska and worked at NRC for the past four years!

Welcome to LRC, Mark!!

Kudos—Now *That's* PCC!

- ◆ ***Kudos to Tami Krontz and Gwen Duitsman*** who were called on to help change the medication administration process for Whitehall. Tami was a key player and provided valuable information for redesigning the medication dispensing process. Gwen set up a “mock set” of patient medications to help Staff Development train the staff to be Medication Aides in order to administer medications. Pharmacy Technicians, Pam, Rob, Trish and Linda also pitched in to help Gwen and Tami with these tasks on very short notice.
- ◆ ***Kudos to Tammy Foley and Emily Claussen*** for the awesome job they have done assisting Whitehall staff to become trained as Medication Aides. Tammy and Emily, stopped what they were doing, developed Power Point presentations and got paperwork ready to teach the Whitehall staff how to pass meds to be in compliance with CMS regulations in a short amount of time. The Medication Aide class was well presented. Tammy and Emily were willing to answer questions, and keep a list of questions that they did not readily have answers available for. Tammy and Emily provide a very good example of Person Centered Care, and are great to work with. Nice work, Tammy and Emily, and thanks so much!!
- ◆ ***Kudos to Cheryl McMurry and to all the of the nurses who helped pass medications to Whitehall youth*** while the Medication Aide training was occurring. Kudos to Tom Nider, all of the Pharmacy Staff, and to Tammy Foley and Emily Claussen for pulling together, working as a team, and getting an immediate correction in place for the Whitehall medication passes.
- ◆ ***Kudos to all the staff in Building #14*** who met with the Joint Commission surveyors. You did a great job of talking with them about what the SOS program does, why we do it, and how we do it! Great Job. -Cindy Dykeman
- ◆ ***Kudos to Vince Dawson, Brian LaSalle, Delia Villasant, Manuel Gamez, and Suzanne Hart*** for responding so quickly, compassionately and professionally to the volunteer who fell and needed medication attention on Bingo Night.
- ◆ ***Kudos to Marilyn Bailey*** for always making herself available to help with computer needs and any other issue that comes up. You know who I am.
- ◆ ***Kudos to Maintenance staff*** for obtaining better lighting in the stairwell for Building #3. This area is now much safer for the patients and staff.
- ◆ ***Kudos to the Building #3 Environment of Care (EOC) Subcommittee*** and a big THANK YOU for starting off the new year with a very positive meeting, and for raising awareness about the environment we work in everyday.
- ◆ ***Kudos to the Wellness Committee***—they pulled off yet another GRAND Health Fair—it seems to be getting bigger and better every year. WAY TO GO and thank you for all of the hard work and time you put into this effort to make it a fun experience for all who attend.
- ◆ ***Kudos to the Grounds crew*** for their hard work of removing snow the past few weeks. We know you worked hard at this on some very cold, bitter days and your efforts made the campus safer.
- ◆ ***Kudos to Jennifer Bennetts*** for her consistent helpfulness in coordinating patient employees, and for continuing to work on developing the comfort rooms while being the only Occupational Therapist at LRC. Jennifer is always friendly and willing to help in any way she can!
- ◆ ***Kudos to the entire LRC campus during the second shift on January 19, 2011*** on behalf of Risk Management and Security staff. On this night, LRC experienced a glitch in the electronic doors and a temporary failure of the locks occurred. Due to quick action by ALL staff, the access doors were covered. ALL patients were monitored more closely and a campus-wide patient count was conducted when the problem was fixed. Great communication, follow-up, and proper procedures were followed to keep everyone safe! Thanks, everyone!
- ◆ ***Kudos to Building #5 staff*** for setting a record! The front line staff are doing a fantastic job of keeping the patients occupied and active in treatment and activities, and the benefit of that is being seen in reduced numbers of seclusion and restraint incidents. In January, only 6 incidents of seclusion and restraint occurred. Only 7 incidents occurred in December! Recognition for this goes to all of the front line staff for defusing situations, redirecting people, and keeping people active on the units. Thanks for what you do each and every day. Great job! Your hard work is appreciated.
- ◆ ***Kudos to Melissa Doncheske*** for her work in organizing and hosting the Body, Mind Connections workshop on Saturday, February 12 in Building #3. ***Kudos to all of the Building #3 staff*** who, along with Melissa, helped make this a successful event for the Building #3 ladies. We hope to have many more of these types of workshops.
- ◆ ***Kudos to the Maintenance crew of Gordon Tebo, Ed Yeager, Jeff Van Lent and Tom Maloch*** for their efficiency and weighty good cheer when helping the HR Office with their December office moves. The LRC Maintenance Department—they make good things happen. Thank you very much.
- ◆ ***Kudos to Ryan Beirmann*** whose quick response with the Heimlich maneuver prevented a patient in Bldg. #3 from choking!

We are Extraordinary

Employee Recognition Ceremony Photos

On February 15, 2011, the LRC Employee Recognition Committee held its annual recognition ceremony to celebrate LRC employees' years of service for 2010, and recognize the 2010 Employee of the Year, Employees of the Quarter, Team of the Year, and Teams of the Quarter. Employees with 5, 10, 15, 20, 25, 30, 35, and 40 years of service were recognized. Phil Jefferson was named as the 2010 Employee of the Year. The Dietary Department was recognized as the 2010 Team of the Year. Cheryl McMurry was recognized as the DHHS/LRC Supervisor of the Year for 2010. Congratulations to everyone for their achievements, and thank you for your dedication to LRC. **And just a reminder: if you received an award for years of service, don't forget to turn in your gift choice!** Here are some photos of the afternoon's events



5 Years of Service: Mark Townsley, Les Adams, Nina Anderson-Trumble, Angela Belmarez, Jay Schmitz, Kenneth Proctor, Merilyn Olsen



10 Years of Service: Scott Rasmussen, Nancy Liebers, Dave Younger, Tim Elario



15 Years of Service: Marilyn Bailey, Shannon Black, Jeff Polage, Mike Roberts



20 Years of Service: Terri Harmon, Kurt Anderson



25 Years of Service: Rhonda White, Patty Jones-Gatto, Andy Miller, Ted Bailey



30 Years of Service: Sharon Ziers, Charles Wooldridge II, Dan Dilla, John Bruns

Employee Recognition Ceremony



35 Years of Service: Tom Schmitz, Joanna Johnson, Klaus Hartmann, MD, Pam Bretos, Tu Nam



40 Years of Service: Paul Day

For employees with over 25 years of service, a photo was taken with the employee and their supervisor!



Andy Miller with Kurt Anderson



Ted Bailey with Jana Stoner



Rhonda White with Lisa Maria Robertson



Patty Jones-Gatto with Rich Schmidt



Employee Recognition Ceremony

30



Sharon Ziers with Scott Rasmussen

30



John Bruns with Shannon Black

30



Dan Dilla with Jay Schmitz

30



Charles Wooldridge with Dan Ullman

35



Tu Nam with Cheryl McMurry

35



Joanna Johnson with Carol Wierda

35



Dr. Klaus Hartmann with Bill Gibson

35



Tom Schmitz with Todd Falter

35



Pam Bretos with Scott Rasmussen

**Congratulations,
everyone!!**



40

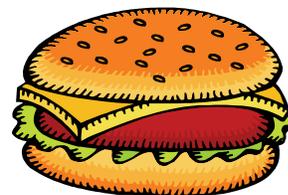


Paul Day with Kurt Anderson

Caravanning in the Canteen.....by Jane Ahl

Livers and Gizzards? That's right. Just one of the new menu items. Last November the Canteen in Building #10 reopened with new menu items. Need something low fat? Not to worry, Liz Stebbins has come up with some new low fat wraps such as the chicken fajita, turkey bacon, or vegetarian. How about a deep fat fried corn muffin, or a taco salad with an edible shell bowl. The grill is now open until 2:00 p.m. and breakfast is served all day. Coming after hours? The vending machine has more than baked goods. Liz will stock it with choices like soup, hamburgers, fried chicken, mozzarella sticks, pasta, burritos, cheesy hash browns, oven fried baked chicken, and swiss mushroom burgers. So the

next time you are hungry, don't forget about the LRC Café in Building #10.



Around The Web.....by Tom Schmitz

MRSA stands for methicillin-resistant *Staphylococcus aureus*. It causes a staph infection (pronounced "staff infection") that is resistant to several common antibiotics. There are two types of infection. Hospital-associated MRSA happens to people in healthcare settings. Community-associated MRSA happens to people who have close skin-to-skin contact with others, such as athletes involved in football and wrestling.

Infection control is key to stopping the spread of MRSA in hospitals. To prevent community-associated MRSA:

- ◆ Practice good hygiene
- ◆ Keep cuts and scrapes clean and covered with a bandage until healed
- ◆ Avoid contact with other people's wounds or bandages
- ◆ Avoid sharing personal items, such as towels, washcloths, razors, or clothes
- ◆ Wash soiled sheets, towels and clothes in hot water with bleach and dry in a hot dryer
- ◆ If a wound appears to be infected, see a healthcare provider. Treatment may include draining the infection and antibiotics.



NIH: National Institute of Allergy and Infectious Diseases. Please go to this website for more information:
<http://www.nlm.nih.gov/medlineplus/mrsa.html>.

Check Out These New Books.....by Tom Schmitz

1. *Total Recall* by Joan Minninger
2. *What Your Mother Couldn't Tell You and Your Father Didn't Know* by John Gray
3. *Secret Survivors* by E. Sue Blume
4. *How to Learn Any Language* by Barry Farber
5. *Groups: Process and Practice* by Corey and Corey
6. *Hellhound on His Trail* by Hampton Sides
7. *In the Royal Manner* by Paul Burrell
8. *Astronomy* by Duncan John
9. *Wizards at War* by Diane Duane
10. *The Road to Wellville* by T. Boyle



The Resource Center is open Monday through Friday, 8:30 a.m. to Noon and 1:00 to 5:00 p.m.



Our Annual 2011 Health Fair Highlights—Check It Out.....by Diana Walker

The Health Fair was held on January 26, 2011 from 11:00 a.m. to 4:00 p.m. The exhibits were located in the Ballroom of Building #3. This year, we achieved an attendance total of 122 staff. A total of 32 vendors participated in the event. Here is a taste of items the Fair had to offer, just to name a few:

- ◆ Best Care EAP
- ◆ Wellness One of Lincoln
- ◆ Midwest Myotherapy
- ◆ Akins
- ◆ Capital Humane Society
- ◆ Open Harvest
- ◆ The Barkley Center
- ◆ Saint Elizabeth's Hospital
- ◆ Tim Hall: Financial Specialist/Retirement Planning
- ◆ YMCA

Midwest Myotherapy remained the most popular with THREE massage therapists; staff were able to receive massages 10 to 15 minutes long! The Barkley Center, back by request, provided free hearing checks. St. Elizabeth's Company Care completed body fat screenings and St. Elizabeth's Cancer Center completed skin analysis of the face. Open Harvest provided healthy snacks to boost our immune system and an extra source of valuable nutrients. Additional vendors provided quality information concerning their facility or products, and of course, gave away FREE PRODUCTS.

Raffle prizes were provided by attending vendors. Winning recipients included: Ika Obradovic, Jennifer Bennetts, Marc Ostrander, Marilyn Olsen, Sandy Findley, Marla Augustine, Jeremy Lincoln, Barbara Roth, Ann Alberico, John Andreini, Cathy Beckman, Kelly Anderson, Diana Walker, Jean Ramsey, Kathy Ogle, Lisa Holz, Sandi Waldron, Derek Peters, Angela Hayter, Marilyn Bailey, Diane Heithoff, Jennifer Cimpl-Bohn, Paula Nicholls, Paul Day, Jim Ruppelt, Ken Proctor, Vickey Bulin, Wava Roberts, Mary Gallagher, Shawn Schwartz, Lori Rasmussen, Lyle Schmidt, Linda DeVore, Tami Krontz, Jessie Osborn, Cheryl Huckabay, David Fricke, and Liz Stebbins.

Here is just one of the gracious quotes we received:

"I attend several Health Fairs in the course of a year, and find yours at the Lincoln Regional Center, to be the finest. There is thoroughness of preparation, gracious hospitality, and a broad spectrum of health themes and vendors. Thank you for inviting us."—Tom Church.

We would like to extend our sincerest Thanks to the Grounds/Maintenance Department for all of their hard work and assistance with the Health Fair!

The Health Fair is proudly sponsored by the LRC Wellness Committee.

The following are a few of the pictures taken at the Health Fair! Enjoy! (Photos continued on next page).



Courtney Hall and Scot Adams with Liz Mery



Taking advantage of free blood pressure screening



Lots to see!

More 2011 Health Fair Photos



Barkley Center conducting hearing screening



Chair Massages



Mary Gallagher at Open Harvest



Scot Adams chatting with employees



Jessica Larson with Community Crops



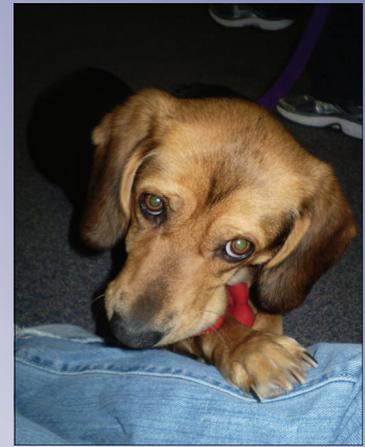
Larson Lifestyle



Wendall Roberts with puppy



Busy Day!



Look at those eyes!

For anyone interested, there are more pictures for viewing on Share Drive, Wellness Committee folder, 2011 Health Fair folder.



Construction Update



The elevator is almost done!



This construction project is taking so long, this cat has turned to stone!



This hallway looks so much better!



Remodeled bathroom on S4!



Brand spankin' new sinks!

Along with the continuation of the ADA project in Building #5, more construction projects are in the works! The annex will be replaced this year by a new modular unit on a concrete foundation. Construction of the new modular will begin this spring! Employees whose offices are located in the annex will be temporarily relocated to other offices on campus. In addition, Building #14 will be getting a new roof, and new windows will be installed in Building #3! Keep alert for construction hazards in your area!



Strut Your Stuff Award.....by Anne Regelean

Your LRC Wellness Committee will be awarding a “Strut Your Wellness Stuff” winner each month. This is a staff member, nominated by his/her peers, who has improved their overall Wellness. Examples...stopped smoking, losing weight, started a workout, practicing a stress reduction activity...and many, many more.

If you would like to nominate someone for our “Strut Your Wellness Stuff” honor, please call Anne at #5445 or email her at anne.regelean@nebraska.gov.

This month the Wellness Committee is honored to recognize three of our staff members for our "Strut Your Wellness Stuff" award. Lori Rasmussen, Nancy Goff and David Paz have all had the amazing achievement of donating blood four times in the past year!!! They donated each time the Blood Bank was on campus!

Lori started donating in 2009. She reports that her main reason for donating is to help out the people in our community. David also started donating a couple of years ago. David said he feels it's important that there are blood reserves available for when they're needed. Nancy has been donating for an amazing 30 years!! She encourages other staff members to start donating. Nancy said her reason for donating is that it's something she has plenty to give..."I may not have money enough to give to all the causes that inspire me, but I do have blood and it's a renewable resource."

All three mentioned how wonderful it is that the Blood Bank comes to our campus each quarter. If you are interested in donating, please watch for Wellness Committee emails and fliers announcing our blood drives.

Congratulations to Lori, David and Nancy!! Thank you for this ultimate "random act of kindness"...you have saved so many lives!!



Walk This Way.....by Nina Anderson Trumble

Do you take walks on campus during your breaks? Why not join the Walk for Wellness Walking Program located on the LRC Campus? Get a group together and become each other's motivation. You can also count any healthy exercise activity that you participate in in your home or community. When you sign up, you will receive a log book, an LRC map, and information on walking and staying active. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the newsletter. To sign up, contact Nina Trumble at 5279 or at Antonia.andersontrumble@nebraska.gov.

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Susie Brown	1188 miles
Emily Rokusek	1221 miles
Crystal Buhrmann	2350 miles



Compassion Circle News and Photos.....by Carol Coussons de Reyes

From January 3-7th, 2011, the Office of Consumer Affairs held a Peer Support and Wellness Specialist training. This training was nothing short of miraculous in my eyes because this group came together across the Regions to collaborate in creating an environment of diversity and fertile ground for networking. Connecting peers with other peers is one key in empowerment. The curriculum fosters a person's ability to see life in the eyes of another person. Nebraska is a frontier state and it is easy to forget with lad masses between us that we can learn a lot from each other.

The great gold of peer trainings is that peers get an opportunity to share their own knowledge and become empowered to learn from each other. This peer support provides an equalizing atmosphere that gives balance to us in a world where everyone seems to be advertising how they are the expert that you should listen to. When we listen to the doctor, the nurse, and our therapist's advice year after year, sometimes we forget our own rich wisdom. We also need to learn how to communicate without using language that declares us to be the expert interacting with other peers when providing peer support.

The Office of Consumer Affairs selected OCA Facilitator's Circle Members that were very skilled and from the regions where the applicants resided. Lisa Alexander from LRC was not only trained as a facilitator in the OCA Peer Support & Wellness Curriculum, but also by Sherry Mead Consulting in Intentional Peer Support. LRC employs three peer advocates and was very generous to allow one of the advocates to participate for the entire week.

Scott Loder was one of the participants in the training class. His final project included a vision of a "wellness garden" concept. You see the key principles of the Peer Support & Wellness Specialist training visualized in a flower designed by Roxanne Hamilton—Mutuality, Worldview, Connection, and Moving Towards.

Mutuality: Peer support involves mutual sharing and support. There is no identified expert.

Worldview: Each of us has our own world view. Peers in this class live on the busy urban streets of Omaha and some of us live in rural farm areas. Some of us have struggled with addiction and others have not. People in the class struggle with mental health conditions or trauma, while others in the class do not identify this in ourselves.

Connection: Listening to another's person's worldview is key in providing peer support. Without listening to the worldview of another peer, we are essentially carrying out dialogues that may be irrelevant and disempowering.

Moving Towards: When a person grasps a direction, it is easier to step from our comfort zones into learning and experiencing new ways of interacting with the people of our communities and work environments.



Lisa Alexander, Susan Hancock, Ken Timmerman, and Carol Coussons de Reyes posing by the Resurrection Crane



Roxanne Hamilton, Scott Loder, and Kathleen Hanson with their group project



Congratulations Cake for toughing out a rigorous week of intense learning and interactions



Group photo of entire class holding candles on the last day's ceremony

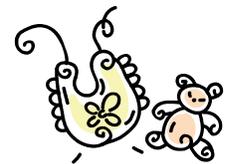
LRC Retirements.....by Linda Jiskra

Retirement celebrations were held for Roger Buhrmann on December 30, 2010, and for Kathie Nicholson (Nich) on January 14, 2011. Here are some photos of Roger and Kathie. Congratulations, Roger and Nich, and Best Wishes!!



Off The Record.....by Audrey Kelly

Congratulations to Dana Volk (Word Processing) and Jon Beiermann, who are the proud parents of Liam Matthew Beiermann. Liam was born on December 4, 2010 and weighed 10 lb, 6 oz.!



Congratulations to Deb McTee, new grandmother to baby girl Skylar Hartman. Skylar was born on February 3, 2011. She weighed 7 lb and was 18.5 inches long!



More Policies for Your Perusal.....By Linda Jiskra

Despite the bitter cold weather in the month of January, the Policy Committee labored on and revised the following policies!

- ◆ PC-02 Seclusion and Restraint
- ◆ PC-02a Clinical Restraint
- ◆ PC-04b Patient Safety Precautions
- ◆ PC-04a Highly Restrictive Status
- ◆ PC-04 Assault Precautions
- ◆ PC-06 Suicide Prevention
- ◆ PC-15 Elopement Precautions
- ◆ PC-16 Treatment Planning Policy
- ◆ PC-37 Patient Employment
- ◆ R1-39 Trauma Informed Care
- ◆ R1-14 Visiting Policy
- ◆ R1-16 Mail Security



WELCOME New LRC Employees.....by Susie Brown

Please join us in welcoming these new employees to LRC!

- ◆ Andrew Beck, SSII (On-Call)
- ◆ Katie Marker, SSII, (On-Call)
- ◆ Ryan Armstrong, Activity Specialist, Building #10
 - ◆ Sara Gotschall, SSII, Building #3
 - ◆ Fred Hartman, SSII, Building #3
 - ◆ Elizabeth Mattox, SSII, Building #3
 - ◆ Lyudmila Barankevich, SSII, Building #5
 - ◆ Bryan Perkins, Security Officer, On-Call
- ◆ Jamie Kramer, SSII, Building #10
- ◆ Alysia Stevens, SSII, Building #14
- ◆ Fanchon Farrens, SSII, Building #5
- ◆ Devin Phillip, SSII, Building #3
- ◆ Nichole Franson, SSII, Building #3
- ◆ Samantha Gossard, SSII, Building #5

LRC Reality Check Trivial Pursuit.....by Jane Ahl

This month's trivia questions are about our State Capitol! Send your answers to Jane Ahl!

- 1) Our Capitol is the nation's second tallest capitol building. Which state has the tallest? A) New York; b) North Dakota; c) Louisiana, d) Texas.
- 2) Who was the architect for the Capitol? A) Arter, b) Hughes; c) Goodhue; d) Chilese
- 3) What year was the Capitol completed? A) 1899; b) 1932; c) 1922; d) 1945
- 4) How many floors does the Capitol have? A) 15; b) 10; c) 12; d) 8
- 5) In the foyer, there are murals of: a) city of Lincoln at the time; b) Native American and pioneer history; c) Chimney Rock sculptures, d) silhouettes of Congressmen.
- 6) What is the Capitol made from: a) horsehair slats covered with concrete; b) wood frame covered in marble; c) concrete with corn kernel covering; d) limestone.
- 7) There are ten great lawgivers on the exterior sculptural ornaments. Which of these is not included: a) Moses; b) Julius Caesar, c) Napoleon; d) Churchill
- 8) Governor Samuel McKelvie broke ground in what year? A) 1922; b) 1895; c) 1928; d) 1939.
- 9) This is Nebraska's: a) first, b) second; c) third; d) fourth state Capitol building.
- 10) How tall is the capitol building? A) 250 ft tall; b) 400 ft tall; c) 312 feet tall; d) 198 feet tall.



Big Brownie Oatmeal Drops

Ingredients:

- 1 family size box of brownie mix with syrup pouch (22.5 oz) prepared as directed on box
- 2 large eggs
- 1 1/2 cups uncooked oats, regular or quick
- 1 cup walnuts, chopped (optional)



Directions: Heat oven to 350 F. Lightly grease baking sheet(s). Mix all ingredients until well blended. Cover and let stand 30 minutes for oats to absorb liquid. Drop rounded tablespoons on baking sheet(s). Bake 10 to 12 minutes until the tops look crackled and satiny. Remove with spatula to a wire rack to cool.

Cheese Stuffed Mushrooms

Ingredients:

- 1 clove of minced garlic (sautéed)
- 1/2 cup finely chopped green onion with tops
- 4 oz. feta cheese
- 2 oz cream cheese
- 1 (10-oz package) frozen chopped spinach
- 24 fresh mushrooms, stems removed
- 1 cup grated Parmesan cheese
- 1 cup walnuts, chopped (optional)



Directions: Preheat oven to 350 degrees F. Start sautéing minced garlic in some butter for a couple of minutes, then wipe mushroom caps clean with a damp paper towel. Thaw spinach in a colander; squeeze out as much moisture as possible. In mixing bowl, combine all ingredients except mushrooms and parmesan cheese. Mix well. Fill mushroom caps with mixture and place on a cookie sheet. Sprinkle Parmesan cheese on top. Bake for 15 to 20 minutes. Serve warm.

Chicken Tortilla Soup

Ingredients:

- 1 onion, chopped
- 3 cloves garlic, minced
- 2 boneless chicken breasts halved, cooked & cut into bite-sized pieces
- 1 tbsp olive oil
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1 28 oz can crushed tomatoes
- Crushed tortilla chips
- 1 10.5 can condensed chicken broth
- 1 1/4 cups water
- Sliced avocado
- 1 cup whole corn kernels, cooked
- 1 cup hominy or white corn
- Shredded Monterey Jack cheese
- 1 15 oz. can black beans, rinsed & drained
- 1/4 cup chopped fresh cilantro
- chopped green onions
- 2 boneless chicken breast halves, cooked



Directions: In a medium stock pot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes. Stir in corn, hominy or white corn, chiles, beans, cilantro and chicken. Simmer for 10 minutes. Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.



LRC Reality Check Editorial Board

Linda Jiskra—Editor—479-5388

Audrey Kelly—479-5207

Tom Schmitz—479-5475

DHHS - STATE OF NEBRASKA

Lincoln Regional Center
PO Box 94949
Lincoln NE 68509-4949
linda.jiskra@nebraska.gov
(402) 479-5388

Jane Ahl—479-5464

Susie Brown— 479-5432

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be singed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month’s contributions go to: Director Scot Adams, Carol Coussons de Reyes, Anne Regelean, Diana Walker, Nina Anderson, Teresa Hansen, Dana Volk, and Deb McTee.

Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting, entertaining, and promotes open communication at LRC.



December Trivial Pursuit Answers.....by Jane Ahl

1. In the 1988 film, “Scrooged,” Bill Murray plays the character of a cold hearted TV executive.
2. The name of George Bailey’s guardian angel in “It’s a Wonderful Life” is Clarence.
3. In “It’s a Wonderful Life,” George Bailey as a boy suffers an injury to his ear.
4. “The Nightmare Before Christmas” is written by Tim Burton.
5. “White Christmas” is set in Vermont.
6. Danny Kaye plays Bing Crosby’s army buddy in “White Christmas.”
7. The little girl who is skeptical about Santa Claus in “Miracle on 34th Street” is played by Natalie Wood.
8. “Miracle on 34th Street” revolves around Macy’s department store.
9. In “Home Alone,” a young is abandoned when his parents rush to a holiday vacation in Paris.
10. The 1982 Barry Levinson film “Diner” is set in Baltimore.
11. Matt Dillon was not an actor in “Diner.”
12. The character played by Tim Allen in “The Santa Claus” gains weight, grows a beard and gets fired.

